

# Give back to a soldier (sailor, airman, marine)

By Viki Bowman  
RSVP

Do you have a piece of paper and a few minutes to spare? If so, consider writing a letter (or even better, several!) to a U.S. military member overseas telling them how much you appreciate all they do for our country.

Davis County Retired & Senior Volunteer Program (RSVP) again is hosting the Letters of Appreciation Campaign in partnership with Operation Gratitude. As a national, non-profit organization, Operation Gratitude supports U.S. military and veterans by sending out more than one million care packages throughout the world. Each package will contain letters of personal thanks and appreciation from home. The campaign has received local support from religious groups, scouts, school children, businesses, and individuals with more than 9,000 letters submitted through RSVP since last January.

Is your group searching for a community service project? Consider a Letters of Appreciation campaign. Individuals of all

ages are encouraged to participate. Children too young to write can draw pictures and be included with written cards and letters. Guidelines and writing tips are available through the RSVP office.

A community Letters of Appreciation drive is underway now through Martin Luther King's National Day of Service on Jan. 16th. Letters can be dropped off at Golden Years Senior Activity Center, 726 S. 100 E. in Bountiful; Autumn Glow Senior Activity Center, 81 E. Center St. in Kaysville; or North Davis Senior Activity Center, 42 South State Street in Clearfield. Letters may be delivered to the RSVP Office located inside the North Davis Senior Activity Center or mailed to RSVP, PO Box 618, Farmington, UT 84025. Additional delivery options are available for schools, businesses, and groups with more than 35 participants.

Make this a season of giving back to our U.S. deployed military members. Call RSVP today at 801-525-5094 for more information on this and other volunteer opportunities.



KAREN HENDERSON (standing), Golden Years Senior Activity Center manager, provides paper, pens, and writing tips to Fran Seeley, Gene Manwaring, and Keith Bell for letters of appreciation. The appreciation letters are sent through Davis RSVP in partnership with Operation Gratitude for inclusion in care packages from home to American troops overseas.

Photo by Viki Bowman

## Veteran's resources available

Have you served in the United States armed forces? Are you receiving veteran's benefits? If not, benefits may be available to you. For a free consultation, call Aaron Hadley, Davis County Health Department's Senior Services, at 801-525-5084.

## Caregiver educational classes offered in Davis County

Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail.

Classes are offered at two different locations twice a month throughout 2017. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd. Layton) from noon to 1 p.m. On Thursdays, classes will be held at Golden Years Senior Activity Center (726 S. 100 E. Bountiful) from noon to 1 p.m. A light lunch will be provided at the classes but

attendees must RSVP to Megan Forbush at 801-525-5088 by Monday at noon the week of the classes.

Special thanks to Fairfield Village of Layton, Golden Years Senior Activity Center, and Northern Utah Coalition for hosting in January.

Schedule for January:

- Jan. 10 & 12: Community Resources – Megan Forbush, Davis County Senior Services
- Jan. 24 & 26: Identity Theft – Betty Smauldon, Northern Utah Coalition

## Additional Medicare 101 classes scheduled

Davis County Health Department's Senior Services offers a free one-hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Tuesday, Jan. 24, 6:30-7:30 p.m. – Kaysville Library, 215 North Fairfield Rd, Kaysville
- Wednesday, Feb. 15, 6:30-7:30 p.m. – Clearfield Library, 562 South 1000 East, Clearfield
- Wednesday, March 8, 6:30-7:30 p.m. – Centerville Library, 45 South 400 West, Centerville

For more information about the Medicare 101 classes, contact Marie Jorgensen at 801-525-5086 or [mjorgensen@daviscountyutah.gov](mailto:mjorgensen@daviscountyutah.gov).

## Winter schedule of workshops planned

**Living Well with Diabetes Workshop** is a fun, interactive six-week workshop to help people with type 2 diabetes better manage their health. Anyone with type 2 diabetes should attend the workshop. Family and friends of those with diabetes also are encouraged to attend.

Two workshops begin in January:

- Wednesdays, Jan. 11 - Feb. 15, 6-8 p.m., at Wade Family Medicine (557 West 2600 South, Bountiful)
- Thursdays, Jan. 19 - Feb. 23, 5:30-7:30 p.m., at Tanner Clinic (2121 North 1700 West, Layton)

**Living Well with Chronic Conditions Workshop** educates and helps participants with arthritis, high cholesterol, hypertension, obesity, stroke, anxiety/depression, emphysema, and many other chronic conditions find balance and improve health. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

The next six-week workshop is scheduled Tuesdays, Feb. 14 – March 21, 12:30-2:30 p.m., at Autumn Glow Senior Activity Center (81 E. Center Street, Kaysville).

**Stepping On Falls Prevention Workshop** is a seven-week evidence-based program proven to reduce falls and build confidence in older people. Do not let the fear of falling keep you from living. Workshop presenters such as a physical therapist, pharmacists and vision experts help you gain specific knowledge and skills to prevent falls.

Separate workshops start in February:

- Thursdays, Feb. 2 - March 16, 2-4 p.m., at the Bountiful Library (725 South Main Street Bountiful)
- Wednesdays, Feb. 22 – April 5, 9:30-11:30 a.m., at the Autumn Glow Senior Activity Center (81 E Center Street, Kaysville)

For more information about any of these workshops, call Morganne Housley at 801-525-5087.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>5</b> AG – Wire Wrapping 8:30 Food Bank GY – Lapidary 8:30 ND – Movie 12 Card Games 12:30	<b>6</b> AG – Ceramics 12 GY – Sit N Fit 8:30 Line Dancing 9:30 ND – Texas Hold 'em 12	<b>7</b>
<b>8</b>	<b>9</b> AG – Bingo 10:15 Senior Living 11 GY – Yoga 10 Arthritis Class 12:30 ND – Brain Games w/ LeeAnn 10:45	<b>10</b> AG – Square Dancing 12:30 GY – Blood pressure 10 ND – Blood Pressure 10:30 Presentation by Rocky Mountain 11:30	<b>11</b> AG – Letter Writing to our Troops 10:30 GY – **Legal Consultation ND – Miles Coe on the piano 11:30	<b>12</b> AG – Hearing Tests 9:30 GY – Letter Writing to our Troops 10:30 ND – Movie 12 Knit & Crochet 12:30	<b>13</b> AG – Autumn Glow Choir Singing 10:30 GY – Stained Glass 9 ND – Letter Writing to our Troops 10:30	<b>14</b>
<b>15</b>	<b>16</b> Closed for Martin Luther King Jr. Day 	<b>17</b> AG – **RT: Out to Lunch (Chili's) 11 GY – **AARP Smart Driving 12:30 ND – Blood Pressure Clinic 10:30	<b>18</b> AG – Blood Pressure 10:30 GY – Dancing Grannies 8:30 Senior Social 11:15 ND – Lapidary 8 China Painting 9 Food Bank	<b>19</b> AG – Memory Magic 11:30 Food Bank GY – Arthritis Class 12:30 ND – National Popcorn Day ~ Free Popcorn, Movie 12	<b>20</b> AG – Arthritis Ex 9 Internet 101 9:30 GY – Tai Chi 9:30 ND – Texas Hold 'em 12 Bingo 12:30	<b>21</b>
<b>22</b>	<b>23</b> AG – Bingo 10:15 GY – Oil Painting 1 ND – National Answer Your Cat's Question Day 11:30	<b>24</b> Closed for Employee In-service 	<b>25</b> AG – Water Ex 9 Arthritis Ex 9 GY – **Positive Aging 5-7 p.m. ND – National Opposite Day 11:30 Line Dancing 1	<b>26</b> AG – Reiki 10:30 Lunch/Pain Relief Specialist 11:30 GY – Luana's Combo Band 10:30 ND – Food Sense Nutrition Class 1	<b>27</b> **AG, GY & ND January Birthday Party AG – **AARP Smart Driving 10 GY – Water Color 9 ND – Bingo 12:30	<b>28</b>
<b>29</b>	<b>30</b> AG – Lapidary 8:30 Lunch/Trivia of the Day 11:30 GY – Line Dancing 10 ND – Texas Hold 'em 12	<b>31</b> AG – Tai Chi 9:30 Reiki 10:30 GY – Jewelry or Craft Class 12:30 ND – Health Tips w/ Gina 11:30 Blood Pressure Clinic 10:30	<b>Feb 1</b> AG – Watercolor 9:30 Bingo 10:15 GY – Ceramics 9 Bingo 12:30 ND – Art 9 Bingo 12:30	<b>2</b> AG – Wire Wrapping 8:30 GY – Arthritis Class 12:30 ND – Card Games 12:30 Knit & Crochet 12:30	<b>3</b> AG – Lapidary 8:30 Canasta 1 GY – Line Dancing 9:30 ND – Texas Hold 'em 12 Bingo 12:30	<b>4</b>

\*\* Call Senior Activity Center to Make Reservation  
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow (801) 444-2290 81 East Center Street Kaysville, UT 84037	GY ~ Golden Years (801) 451-3660 726 South 100 East Bountiful, UT 84010	ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015
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Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Senior Services.

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